

WARRIOR



Year of the B-2

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Resiliency: the ability to ‘bounce back’

Chaplain (Maj.) Mike Shannon
509th Bomb Wing deputy wing chaplain

Lock him in prison, and you have a John Bunyan. Bury him in the snow drifts of Valley Forge, and you have a George Washington. Deafen a genius composer, and you have a Ludwig van Beethoven. Raise him in utter poverty, and you have an Abraham Lincoln. Have him born into a society filled with racial discrimination, and you have a George Washington Carver. Strike him with infantile paralysis, and you have a Franklin Roosevelt. Burn him in a schoolhouse fire so that doctors conclude he will never walk again, and you have a Glenn Cunningham (he set the world’s record for running a mile in 4 minutes and 6.7 seconds in 1934). Call him a slow learner and write him off as impossible to educate and you have an Albert Einstein. Have him born missing all four limbs, and you have a Nick Vujicic.

When we talk about “resiliency,” we are really talking about the ability to rebound, springing back or bounce back after being stretched or stressed. The names mentioned above are stories of individuals who were placed in very difficult circumstances in life that stressed and stretched them beyond belief.

Yet, they somehow found a way to bounce back.

Perhaps you feel as though you are being stretched beyond belief. What can you do to help yourself bounce back? Here are 10 tips experts at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury shared. If practiced, the tips may help Service members better adapt and manage stressful situations:

- Communicate regularly and effectively. Express what you think, feel or believe in a way that will help you solve problems and receive the outcome you desire.
- Maintain positive and personal connections. When you’re challenged or stressed, sometimes it’s easier to respond



successfully with the support of family and friends.

- Avoid seeing a crisis as unconquerable. Even if you can’t change a stressful situation, you can change your reaction to it.
- Be accepting of change. Accepting the things you cannot change allows you to focus on the things you do have control over.
- Move toward your goals. Focus on goals you can achieve in the near future instead of focusing solely on distant goals.
- Take positive, decisive actions. Don’t view problems as permanent. Explore actions you can take that will give you more control over a situation.
- Look for opportunities for self-discovery. We can often learn valuable life lessons as a result of a traumatic event.
- Nurture a positive view of yourself. Develop confidence in your ability to solve problems and learn to trust your instincts.
- Keep things in perspective. Focus on the broader context and keep a long-term outlook.
- Look to a hopeful future. Visualize what you want your life to be, rather than fearful of what it could be.

As a spiritual leader, I would also add another--continue to grow in your faith.

Dr. Tim Clinton and Dr. Joshua Straub in their book “God Attachment,” cite the works of Dr. Harold Koenig, founder and

former director of Duke University’s Center for the Study of Religion, Spirituality, and Health, and his colleague Dr. David Larson, the former president of the National Institute for Healthcare Research.

Their research found that spirituality and religion have very positive effects on our mental health. Here is some of their research reveals:

- Spirituality helps to safeguard against the effects of stress and depression
- "Religious involvement is more strongly related to mental health outcomes than to physical illness and mortality." That is, being involved at church, in religious practices or with the spiritual disciplines has shown to have more positive effects on mental health even on physical health and death rates.
- Personal involvement in spiritual practices and a religious community is related to a lower likelihood of anxiety disorders, depression, and alcohol and drug abuse and dependence. According to the research public religious community “is most strongly predictive of better health.”
- Religious involvement in a faith community is also linked to a faster and more likely recovery from mental illnesses and substance abuse/dependence. The findings on substance abuse come primarily from studies on the efficacy of 12-step programs like Alcoholics Anonymous.

If you are having difficulty in bouncing back from whatever you are facing in life, let me encourage you to seek help. There are a number of place you can go to seek additional counsel or help.

Some of the places you may look into are the Chaplains Corps, the Chapel Community, a worship community off-base, Mental Health, the Airman and Family Readiness Center, and Military One Source, which is always available.

Any one of these agencies is willing to walk with you through good times, times of transition or even difficult times, all to help you be more resilient.

September 2013 Courts-Martial, Article 15s, and Discharges

In September 2013, one member was punished under Article 15; Uniform Code of Military Justice (UCMJ) and seven members were administratively separated from the Air Force.

ARTICLE 15s (1)

A technical sergeant from the 509th Civil Engineer Squadron received an Article 15 for larceny of military property valued at \$500 or less. Punishment was reduction to staff sergeant, 45 days extra duty and a reprimand.

DISCHARGES (7)

A senior airman from the 509th Aircraft Maintenance Squadron received an honorable discharge for failure to meet fitness standards.

An Airman from the 509th Maintenance Squadron received a general discharge for commission of a serious offense.

An airman first class from the 509th Security Forces Squadron received an honorable discharge for failure to meet fitness standards.

An airman first class from the 509th Logistics Readiness Squadron re-

ceived a general discharge for drug abuse.

An airman first class from the 509th Force Support Squadron received a general discharge for commission of a serious offense.

An airman first class from the 509th Maintenance Operations Squadron received a general discharge for a pattern of misconduct.

An Airman from the 509th Security Forces Squadron received a general discharge for commission of a serious offense.

COMMENT

Airmen in the United States Air Force must remember that we are held to standards both on and off duty. It is imperative that military members remain physically fit for duty. Being fit for duty is not limited to just passing your fitness assessment, but also refraining from the use of illegal substances or misuse of prescription medications. Additionally, Airmen should be mindful of their actions at all times. Disregard for standards placed on all Airmen or the laws can, and most likely will, adversely affect your military career.

THE WARRIOR

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The deadline for article submissions to the Warrior is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions does not guarantee publication.

For more information, call the Warrior office at 660-687-6123, email: Whiteman.Warrior@us.af.mil, fax us: 660-687-7948, or write to us at: 509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

To advertise in The Warrior, call the Sedalia Democrat at: 1-800-892-7856.

On the cover

U.S. Air Force photo/
Staff Sgt. Brigitte N. Brantley

Airmen and their families take off during the “Not Quite 5K Monster Costume Fun Run” Oct. 10, 2013, during the Community Fair and Wingman Day at Whiteman Air Force Base, Mo. The event wrapped up a day of activities aimed at promoting physical fitness, resiliency and community involvement.

NEWS BRIEFS

Whiteman "Trick or Treat" hours

On Thursday Oct. 31, Whiteman families can Trick or Treat in base housing from 6 to 8 p.m. People who don't wish to participate can turn off their porch lights. Pumpkin Patrol volunteers will be monitoring the streets to make sure they stay safe for all trick or treaters.

October coat drive

The Whiteman Airman's Attic has partnered up with Balfour Beatty to have an October coat drive. We will both be accepting gently used coats for all ages at their offices between 8 a.m. and 5 p.m. They can also bring them to the Airman's Attic Tuesday and Fridays from 10 a.m. to 2 p.m. or leave them in our shed in behind the building. We are shooting for 100 coats.

We need donations to keep coming in to keep operating. We have so much going out, so we need stuff to keep coming in as well. Our furniture side is getting very bare.

For more information, contact Tiffany Kalin, the WAFB Airman's Attic coordinator at 405-795-9347.

Telephone news line set up for retirees

A toll-free telephone news line has been set up for retirees and surviving spouses who do not have computer access.

By calling 1-800-558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources.

Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

Whiteman Warrior Story Ideas

The Public Affairs Office accepts story ideas for news and feature articles on people and organizations to help provide recognition of excellence in performance and set forth norms for mission accomplishment.

To submit an idea, call 660-687-6123, or email whiteman.warrior@whiteman.af.mil

Air Force Housing Web Site

Visit www.Housing.af.mil to find your new home with the Air Force. This web site serves as a one-stop shop for Airmen and their families to obtain information about the housing options and support services available to them at Air Force bases worldwide.



WEATHER

Today	Saturday
Rain Likely	Mostly Sunny
Hi 53	Hi 61
Lo 41	Lo 38
Sunday	Monday
Mostly Sunny	Partly Sunny
Hi 65	Hi 62
Lo 40	Lo 48

Announcing: The Whiteman Spouses' Dining-In 2014 theme and date!



By Whiteman Spouses' Club

The Whiteman Spouses Clubs are excited to announce the 2014 Whiteman Spouses' Dining-In...the Sequel! This event is open to all spouses of members stationed at Whiteman AFB, whether active duty, Guard or Reserve.

The event will be Saturday, March 15, 2014 at Mission's End, and will feature unique and memorable opportunities to meet fellow Whiteman spouses and have a great time. The theme for next year's event will be TV shows. The 2013 dining-in featured a wealth of great costumes and great times, and next year's promises the same.

The goal of the Spouses' Dining-In is to build camaraderie among the spouses and

have fun! Many military spouses sometimes may feel like they don't have anything to call their own, nothing to put their stamp on and say, "We did that!" The Spouses' Dining-In provides just such an opportunity to cut loose while strengthening camaraderie among spouses, both within squadrons and between units.

Please consider joining the Whiteman Spouses Clubs next March to bring a spirit of unity while celebrating the sacrifices of all spouses by honoring each other with this Spouses' Dining-In...by spouses, for spouses

For more information, please email wafbspousesdiningin@yahoo.com, or visit the dedicated Facebook at www.facebook.com/whiteman.spouses. The Whiteman

Spouses' Dining-In FB page also has details on squadron POCs, who will provide directions on how table choices will work and on how to be part of this event. Stand by for more details!

Finally, the Spouses Clubs are looking for interns to plan and execute the 2015 Dining-In. This internship will run from October to March. Candidates will need to commit to all meeting and planning sessions, as well as hours of set up and tear down events. The Spouses Clubs are looking for 3 individuals who want to learn all there is to learn and then take on the 2015 Spouses' Dining-In and train another set of interns. Those interested in an interview or who have any questions can email wafbspousesdiningin@yahoo.com for more information.



Key spouses from the 509th Bomb Wing participate in Whiteman Air Force Base's first annual Spouses' Dining-In at Mission's End March 16, 2013. The event was put together to help build a network of support among the wing's key spouse members.

Courtesy
Photos

New Defense Health Agency to streamline functions

FALLS CHURCH, Va. (AFNS) -- The government shutdown did not stop the official opening Oct. 1 of the Defense Health Agency, a major streamlining effort of military medicine that has been in the works for three decades and signed into law earlier this year.

"This day has been a long time in coming, and represents a major milestone in the history of the department and in military medicine," Dr. Jonathan Woodson, the assistant secretary of defense for health affairs, wrote in a message to staff.

Air Force Lt. Gen. Douglas Robb heads the new agency, which is to streamline health care among the Army, Navy and Air Force medical departments. The agency is charged with creating common business and clinical practices for the services and integrating functions that each has done separately, such as purchasing medical supplies and equipment.

In a message to staff, Robb acknowledged the budget challenges and government shutdown that coincided with the first day of operations for the DHA, saying, "How we deal with and overcome these challenges will be the true test of our character and our strength."

The military health system provides medical care on the battlefield as well as to service members, their families and military retirees at home. It is one of the largest health care systems in the world with 56 hospitals, hundreds of clinics and 160,000 employees. Some 2,500 babies are born each week into the system, which has an annual budget exceeding \$50 billion.

Like in the civilian sector, military health care costs have increased faster than inflation. Military health costs have more than doubled in the past decade, increasing from \$19 billion in fiscal 2001 to \$51 billion in fiscal 2013. The category now accounts for more than 10 percent of the department's budget. That figure is expected to grow, with the cost reaching \$77 billion by 2022, according to officials with the Congressional Budget Office.

Integrating care and improving service

Allen Middleton, the acting deputy director of the Defense Health Agency, said the agency reflects a recognition by everyone in the department for the need for military health care to be more integrated and efficient.

"We think there's a huge opportunity here for us to improve readiness, individual health and sustain quality, while also saving money," he said. "We do a lot of things in common across our system, and the agency is going to help us to bring various services together and deliver services in a more consistent way. We have had different organizations managing health IT; multiple organizations setting and overseeing pharmacy programs; and the list goes on."

To start, the Defense Health Agency is establishing a shared services model for managing and overseeing the operational work for health information technology, medical logistics, pharmacy operations and facilities planning for the services. In addition, the agency will manage the TRICARE health plan for the military's 9.6 million beneficiaries. TRICARE Management Activity's 800 workers are now part of DHA. Approximately 500 Army, Navy and Air Force staff, mostly IT professionals, have also moved to the new agency.

Defense health officials estimate the savings from these shared services will total at least \$3.4 billion in the agency's first five years. They plan

to submit their final report to Congress on implementation objectives, milestones and estimated cost savings later this month.

By Oct. 1, 2015, the agency is to be fully operational, and will also incorporate management and oversight of additional shared services, to include contracting, medical education and training, public health, resource management, and medical research and development. New shared services may be added over time, Middleton said.

Creating the DHA is just one of a list of things that Defense officials are doing to try to both improve the readiness of the force and slow the growth in military health costs.

"It will, hopefully, bend the curve a little bit," Middleton said.

While the reorganization is a big change for the overall MHS and the three service medical departments, officials believe that the near-term effect for beneficiaries will be minimal, and that -- over time -- it will be even easier for them to be seen at military treatment facilities, and more convenient to use online services.

The path toward activation

The idea of creating a single, unified military medical agency or command has been the subject of debate since World War II. Launching the new agency represents the biggest change in the military health system in more than 60 years.

"The Army still has its medical command. The Navy has its structure. And the Air Force still has its structure," Middleton said. "Those are unique missions that each of them has. And those unique mission requirements need to be preserved at all costs. All we've done is say, 'Let's bring some things together in a joint way.' This is as far as we've ever come in doing any of this."

Defense officials took another look at how to best organize military medicine several years ago. One big influence was seeing Army, Navy and Air Force medical personnel work more closely together in Iraq and Afghanistan.

"If you went to a contingency hospital overseas, you might have a Navy nurse anesthetist, an Army surgeon and an Air Force med tech all working on you," Middleton said. "Nobody knows the difference. Our medical fight in theater is a joint operation."

Then-Deputy Secretary of Defense William Lynn appointed a task force on military health system governance in 2011 to study how things might be reorganized. The task force reviewed different options and endorsed the creation of the agency.

Another of the task force's recommendations that the deputy secretary subsequently directed was to name market leaders to create a unified business plan for each of their respective six multi-service markets - geographic areas where more than one branch of the military operates medical facilities.

These multiservice markets are: the National Capital Region in Washington, D.C.; the Tidewater region of Virginia; Colorado Springs, Colo.; San Antonio, Texas; Puget Sound, Wash.; and Honolulu, Hawaii.

The new National Capital Region Multiservice Market is part of the DHA and replaces Joint Task Force National Capital Region Medical Command in Washington. These enhanced markets, as they are known, provide nearly half of all inpatient care delivered in military hospitals,

See Streamline, page 14



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Aircrew flight equipment formula: safety, training, and camaraderie



U.S. Air Force Airman 1st Class William Butler, 509th Operations Support Squadron aircrew flight equipment technician, inspects the pockets of a back automatic-22 parachute to ensure the presence of strobe lights, Whiteman Air Force Base, Mo., Oct. 9, 2013. Strobe lights are used to signal for rescue once the pilot has ejected and is awaiting extraction.



U.S. Air Force Airman 1st Class William Butler, 509th Operations Support Squadron aircrew flight equipment technician, inspects a back automatic-22 parachute at Whiteman Air Force Base, Mo., Oct. 9, 2013. AFE technicians perform daily inspections of equipment to ensure it is functioning properly.

**Story and photos by
Airman 1st Class
Keenan Berry**
509th Bomb Wing Public Affairs

When pilots suit up and prepare for a mission, they have a lot on their minds – the long hours they will spend in the cockpit, various flight patterns and other mission objectives. With all these important demands on their attention, they need to know that their life-support equipment is ready to go in case of emergency. Thanks to the professionals of the 509th Operations Support Squadron aircrew flight equipment (AFE) shop, they have that assurance.

Pilots depend on the AFE team to ensure their equipment is working properly for any operation.

“We have to make sure the pilots are safe from the point of take-off to landing,” said Master Sgt. Dennis Speicher, 509th OSS AFE shop chief. “We work on their helmets, communication systems and survival kits so they can focus on the mission. We also ensure their parachutes function properly in the event of an emergency. We make sure their safety is accounted for.”

In the event of an emergency, pilots must rely on this equipment to survive.

To better ensure pilot’s safety, AFE technicians constantly inspect and test helmets, communication systems and parachutes to verify that they are fully functional and ready for use, said Senior Airman Steven Lee, 509th OSS AFE technician.

“We perform 30-day inspections on the pilots’ helmets by breaking down the masks and examining them to make sure they are not broken, cracked or scratched,” said Lee. “We also clean the insides to make sure there are no germs or contaminants within the mask. They need the helmet to receive oxygen and to communicate with airfields.”

The AFE team is required to re-pack the parachutes every year to ensure they work, and that there is no mold around the canopy, which can render the entire assembly unstable.

Another significant portion of the AFE career field is medical ops. Aircrew flight equipment techs not only have to make sure pilots’ gear is functional; they also have to ensure it is sanitary. The masks pilots use in flight can easily become contaminated by pathogens in saliva or mucus, and if not dealt with, can present a serious health risk.

The AFE team must also be efficient when it comes to training

in various areas, including medical logistics, supply and other essential aspects.

Training is a major part of their mission, ensuring everyone is fully qualified to handle the different aspects of the career field.

“Every day we have someone in training,” said Staff Sgt. Joshua Riffe, 509th OSS AFE NCO in charge. “We train on the equipment that we utilize, as well as supervise the Airmen and help them understand the equipment. Anything we touch, from parachutes to helmets, we train on. For equipment training, we do one-on-one sections by showing the trainee technical orders (TOs) and guiding them step by step. As a trainee, it is their duty to retain the information and understand it.”

Training times and strategies vary based on the type of equipment, and can range anywhere from two weeks to four months. For example, packing parachutes is a task impossible to perfect within a day; rather, proficiency on this task comes with time and practice.

“As a three-level, my duties are to fully comprehend all TOs and the Air Force instructions governing the career,” said Airman 1st Class William Butler, 509th OSS AFE technician. “Also, I look to learn how I can work more efficiently by adhering to the standards set before me.”

It could take up to eight weeks or more to ensure a three-level no longer requires supervision on many tasks, said Speicher.

Airmen with their five-level are responsible for training and supervising three-levels and ensuring they are able to provide quality assistance in time of need, said Senior Airman Steven Honkala, 509th OSS AFE technician.

“We must be proficient in our jobs and guiding three-levels through steps regarding TOs on the equipment we deal with,” said Honkala. “Seven-levels ensure we are trained and are doing our jobs to help three-levels progress. We are the ‘middle man.’ We make sure the mission gets done by remaining vigilant and following our TOs and AFIs, and ensuring pilots come home safely.”

With constant training and safety assurance comes a sense of camaraderie between the pilots and the AFE team, said Honkala.

“What I enjoy about the career is the ability to form a bond between us and the pilots,” said Honkala. “Seeing friends go out the door and come back is an uplifting feeling. Us doing what we do allows the pilots to come home safe.”

FDA warns against dietary supplement

FALLS CHURCH, Va. (AFNS) -- The U.S. Food and Drug Administration is advising consumers to stop using OxyElite Pro, a dietary supplement, because of suspected links to acute hepatitis.

The FDA, along with the Centers for Disease Control and Prevention and the Hawaii Department of Health are investigating reports of acute non-viral hepatitis in Hawaii where 29 cases are linked to a dietary supplement. The FDA urges consumers to stop using the product while the investigation continues. Distributed by USPlabs, LLC in Dallas, Texas, the product is sold nationwide in retail stores and on the internet.

"We are urging Airmen to stop using the product until the investigation concludes and results are confirmed," said Col. John Oh, the chief of Health Promotion, Air Force Medical Support Agency, Air Force Surgeon General.

There have been a total of 29 cases of acute non-viral hepatitis with an unknown cause reported in Hawaii. Eleven of the 29 patients have been hospitalized with acute hepatitis, two have received liver transplants and one person has died. The CDC is also investigating other cases of liver injury nation-wide that could be related.

Symptoms of hepatitis include fever, fatigue, loss of appetite, nausea, vomiting,



File graphic

abdominal pain, dark urine, clay or gray-colored bowel movements, joint pain, yellow eyes, and jaundice.

"Airmen who are experiencing these symptoms should contact their health care provider immediately," Oh said. Many Airmen reportedly use dietary supplements for weight loss or muscle building.

In 2011, one-third of Airmen reported using legal bodybuilding supplements in the past year, including 15 percent in the last month, Oh said.

"We encourage Airmen to get educated on dietary supplement safety through Operation Supplement Safety, the Department of Defense dietary supplement education and safety campaign," Oh said. Information about the campaign is found at: www.hprc-online.org/opss.

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Airmen peruse one of the 65 booths set up for the Community Fair and Wingman Day Oct. 10, 2013, at Whiteman Air Force Base, Mo. In addition to dozens of off-base organizations highlighting what they have to offer, several on-base organizations also showcased their programs.



Dr. Dan Gerdes, a sports psychologist from the University of Central Missouri, interacts with Airmen Oct. 10, 2013, during the Community Fair and Wingman Day at Whiteman Air Force Base, Mo. Gerdes' message focused on the importance of being tough mentally, physically and spiritually.



Airmen and their families take off during the "Not Quite 5K Monster Costume Fun Run" Oct. 10, 2013, during the Community Fair and Wingman Day at Whiteman Air Force Base, Mo. The event wrapped up a day of activities aimed at promoting physical fitness, resiliency and community involvement.

Wingman Day, Community Fair highlight resiliency, involvement

By Staff Sgt. Brigitte N. Brantley
509th Bomb Wing Public Affairs

During the Whiteman Community Fair and Wingman Day Oct. 10, Airmen around base participated in various events aimed at highlighting the importance of resiliency and making Airmen and their families aware of the various services and opportunities available on base and in the community.

The day kicked off with a presentation by Dr. Dan Gerdes, a sports psychologist from the University of Central Missouri.

"There is another word for resiliency – toughness," he said. "That is the ability to do routine things well, all the time, as well as the hard things that come up. It's also the ability to communicate with others when it's not particularly comfortable, but is vital to the team's health."

He described resiliency as a three-legged stool, and discussed how Airmen must

have their mind, body and spirit equally developed to have a strong foundation to stand on.

Gerdes concluded with one of his favorite quotes: "You can't be tough alone."

Other wellness activities throughout the day included tours of the Whiteman commissary provided by the Health and Wellness Center, a running clinic also provided by the HAWC, tobacco cessation mentor training, a suicide prevention class and a Sleep Smart Class.

The Community Fair, which was held in the Missouri Army National Guard Armory, featured dozens of local organizations who provided information about things for Airmen to do in the community.

"When I got to this base, I heard from a lot of people that there wasn't a lot to do in the area," said Airman 1st Class Matthew Murphy, 509th Comptroller Squadron permanent change of station technician. "But then you come to events like this, and you see how much there really is to do."



Mini-Flash zooms by during the "Not Quite 5K Monster Costume Fun Run" Oct. 10, 2013.

U.S. Air Force photos/Staff Sgt. Brigitte N. Brantley

Congress passes bill reopening federal government

WASHINGTON (AFPS) — President Barack Obama signed legislation late yesterday night bringing federal employees back to work after Congress finally resolved the budget logjam which led to a 16-day shutdown.

Senate leaders championed bipartisan legislation to reopen the government and remove the threat of government default on its debts. All federal government employees — including some 4,000 Defense Department employees — will report to work tomorrow.

The legislation is a continuing resolution that will provide federal government spending at fiscal year 2013 levels. This keeps the sequester-level budget in effect.

The act will keep the government open through Jan. 15 and raises the debt limit through Feb. 7. The act contains a provision for a joint Senate-House committee to work on a budget recommendation for fiscal year 2014. Those recommendations are due Dec. 13.

The legislation includes the provision to pay all furloughed employees for the period of the lapse in appropriations. The act calls for those employees to be paid “as soon as practicable.”

Even before the House of Representatives voted, President Obama signaled his intent

to sign the bill. “We’ll begin reopening our government immediately,” he said in a White House appearance. “And we can begin to lift this cloud of uncertainty and unease from our businesses and from the American people.”

Obama asked that all political officials take the lesson of the gridlock to heart and work together to solve the nation’s problems.

“My hope and expectation is,” Obama said, “everybody has learned that there is no reason why we can’t work on the issues at hand, why we can’t disagree between the parties while still being agreeable, and make sure that we’re not inflicting harm on the American people when we do have disagreements.”

“So hopefully that’s a lesson that will be internalized, and not just by me, but also by Democrats and Republicans, not only the leaders, but also the rank-and-file,” he said.

As he was leaving the Brady Press Room at the White House, a reporter asked the president if the shutdown might not be duplicated in January. “No,” the president said and left.

Sylvia Matthews Burwell, the director of the Office of Management and Budget, said in a release federal employees “should expect to return to work in the morning.”

For more information, go to the OPM web page at www.opm.gov.

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This Week in Sports – NFL pondering more Thursday games, game of the week/fantasy picks



So please, NFL, don't double up Thursdays. We'll all be better off.

GAME OF THE WEEK

Denver Broncos at Indianapolis Colts

This one wasn't difficult at all. Peyton Manning returns to Indy to face his old team, and the quarterback they selected in the first round of last year's draft to replace him, Andrew Luck. Both signal callers are incredibly talented, if at two opposite points in their careers, and will look to light up the airspace inside Lucas Oil Stadium. Manning's receivers have not lost a step, and he has done an outstanding job spreading targets around fairly evenly between them, while Knowshon Moreno has taken hold of the starting job at running back and doesn't seem likely to let go of it any time soon. Look for him to thrive against the Colts' suspect run defense. The Broncos are also getting linebacker Von Miller back, and with 30 career sacks in 31 games, his return should help solidify their pass rush.

Don't sleep on the Colts, though. Their poor showing on Monday night in San Diego was less due to their offensive performance than the defense's ability to stop the Chargers' run game. Andrew Luck is a master of the comeback, having led six fourth-quarter comebacks and nine game-winning drives overall in his career so far. He represents Indy's future, and for very good reason. Reggie Wayne and T.Y. Hilton provide solid options at wide receiver, and running back Trent Richardson will look to finally get things going against the Broncos less-than-stellar run defense.

This should be a dynamite match-up, so be sure to tune in Sunday night, and I'm picking Peyton over his old team, 31-24.

My picks so far this year – Tom Brady kept me from perfection last week, taking me to 3-2 on the year.

FANTASY WATCH

If you can, pick up Chargers wide receiver Keenan Allen this week. With injuries to WRs Danario Alexander in the preseason and Malcom Floyd in Week 2, Allen has stepped up and earned a great deal of Philip Rivers' trust. The rookie out of Cal has a ton of raw talent and an ability to get open both deep and over the middle. In his last three games, he's hauled in 20 catches for 302 yards and two touchdowns. In the Chargers' pass-happy offense, Allen's a solid WR3 for the remainder of the year or a quality flex play fill-in during a bye week. Even if you're deep at wideout, I would recommend picking him up to use in a trade.



In a battle of veteran vs. newcomer, Peyton Manning and the Broncos will travel to Indy to take on Andrew Luck and the Colts/AP photo/Indianapolis Colts



AP photo/Denver Broncos

By 1st Lt. John Cooper
509th Bomb Wing Public Affairs

Been Waiting All Day for Thursday Night?

Everyone loves football, right? With NFL games on Sunday and Monday, and college games on Saturday and Thursday (and even Friday now), it's almost impossible to turn the TV on without flipping through at least one gridiron tilt. Obviously, this level of football saturation reflects sports executives' recognition of Americans' love for the game. The NFL, however, is now looking at expanding that coverage even more.

The Wall Street Journal reported this week that the NFL is considering expanding its Thursday night coverage to two games, and consequently reducing the number of games available on Sunday. The most recent TV contract between the NFL and the networks allows the league to pull games from the Sunday lineup and create a new package on another day, and it seems the NFL is pondering doing just that. Great idea, right?

No, not really, for several reasons. First, the Thursday night games just aren't that entertaining. Arguably the best Thursday night game this year will be the Chargers at the Broncos – on Dec. 12. Other match-ups on the schedule include the Texans at Jaguars and Panthers at Bucs; recent games included Buffalo at Cleveland and San Francisco at St. Louis. The Saints against the

Falcons and Bengals at Dolphins offer the potential for drama, but even factoring in those two games, we're not really talking about a stellar lineup.

Second, statistics show that most players, and the teams overall, just don't perform as well in Thursday night games. In 2012, only nine teams scored more than 30 points on Thursday (five of which did so on Thanksgiving), while teams who played the following week after a 10-day layoff were 15-17. Running backs tend to do just fine in Thursday games, but most other positions struggle. Quarterbacks have to learn new defenses, receivers have to size up opposing secondaries and familiarize themselves with their tendencies, and linemen have to get past the wear and tear from the previous game. Keep in mind they all have to do this with fewer than 100 hours of prep time, and it becomes pretty clear that Thursday night football often leads to sub-par football.

Finally, you have the issue of player safety. With all the wear and tear NFL players endure on a weekly basis, requiring more of them to play sooner the following week only increases the likelihood of game- or season-ending injuries, and definitely seems to cut against the "player safety" campaign being waged by the league. I don't want to see players knocked out of games for the sake of a Thursday night doubleheader; I'd rather watch the college game on ESPN or pop in my Netflix rental, anyway.

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Oct 17th, 4pm-6pm (Youth Center)

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Whiteman Oktoberfest

October 18th, 5pm (Royal Oaks Golf Course)

Royal Oaks invites you to Celebrate Oktoberfest 2013 in style. Event will include live band, German beer and best of all plenty of German food. Hayrides will be available for your enjoyment.

Boo Bash (It's FREE!)

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Streamline Continued from Page 4

encompass 40 percent of all TRICARE Prime beneficiaries enrolled to a military clinic, and serve as the primary medical training platforms for military medical staff.

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11:10 A.M.

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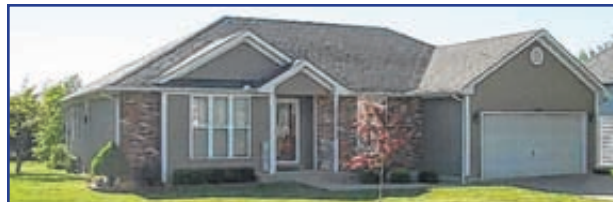
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